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ABSTRACT

This student booklet is to be used in conjunction with the Teacher Manual and films of the Jackson Junior High series. It presents facts and illustrations on the use of alcohol, and is intended to aid young people in deciding whether or not to drink. The booklet is divided into the following parts: (1) Introduction; (2) Alcohol's Effects; (3) Kids and Drinking; (4) Drinking Problems; (5) Alcohol Crossword Puzzle; (6) For More Information About Alcohol; and (7) Glossary. (Author/JLL)

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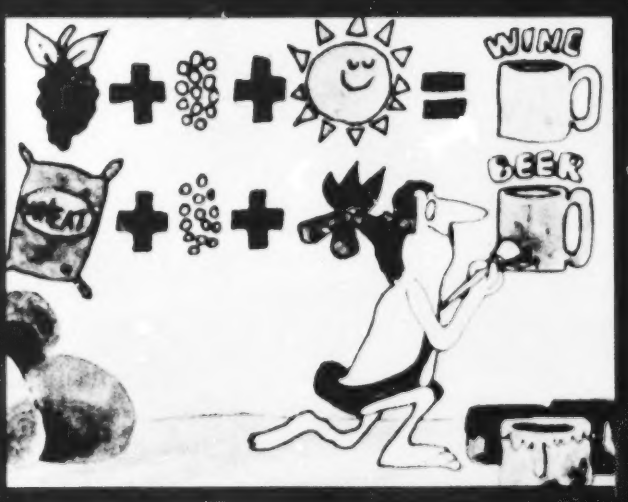
KIDS AND ALCOHOL



CG 011 888

KIDS AND ALCOHOL

Facts and Ideas about DRINKING AND NOT DRINKING

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Division of Educational Technology

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I. INTRODUCTION

Many people drink alcohol. Many people do not. Whether you choose to drink or not to drink will soon be up to you. But whatever you decide, *think about what you do.* That's what this booklet is all about. It tries to give you the information you need to think about whether you want to drink or not.

To help you decide what to do, this booklet tells you that:

- Beer is 4-6% alcohol, wine 12-20%, and most hard liquor 40-50%. The rest of beer, wine, and hard liquor is mostly water.
- There's about the same amount of alcohol in a 12-ounce can of beer, a 5-ounce glass of wine, and a "shot" or ounce and one-half of hard liquor.
- Drinking alcohol has different effects on different people. It can also have different effects on the same person at different times.
- What drinking does to you and how it makes you feel depends only partly on how much you drink. It also depends on how much you weigh, how old you are, and how much drinking you have done in the past. It even depends on what you want and expect alcohol to do for you.
- Many youths try alcohol at some time before they turn 18. Many don't.
- Most drinkers enjoy drinking alcohol because it helps them to relax, feel good, and forget minor worries.
- Many people drink too much alcohol and have problems as a result. There are places where such problem drinkers can go for help.

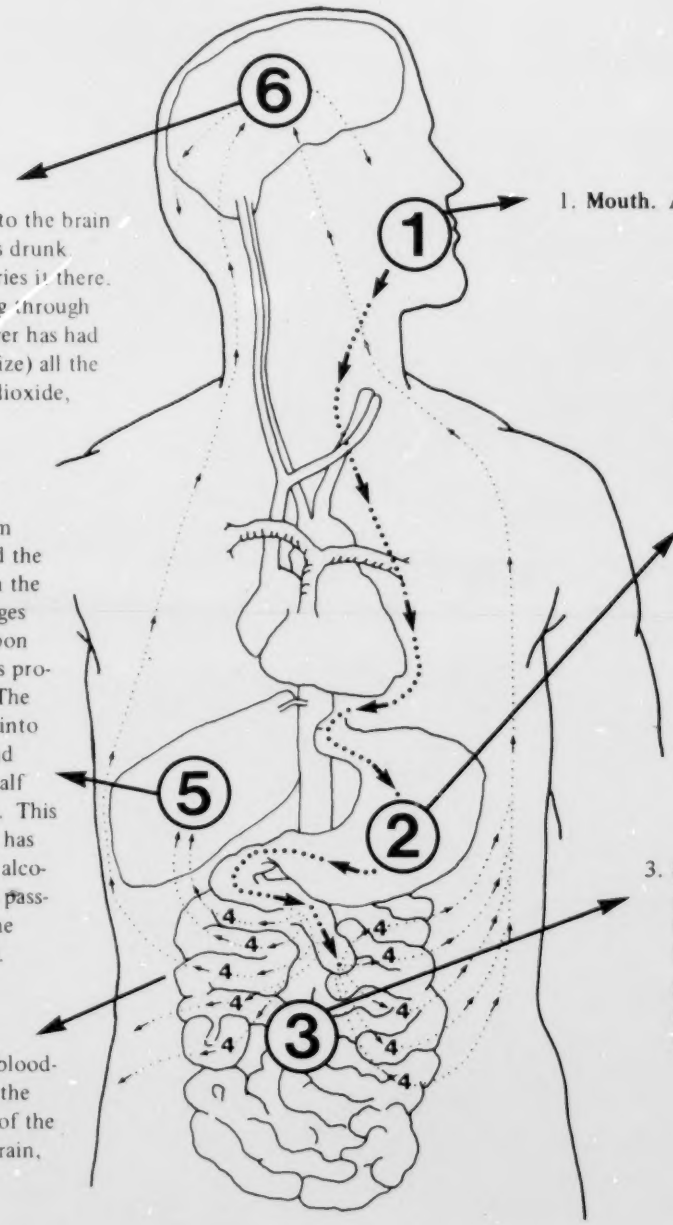
II. ALCOHOL'S EFFECTS

HOW DOES ALCOHOL PASS THROUGH THE BODY?

What happens when someone has a drink that has alcohol in it?

Where does alcohol go after it's drunk?

Let's look at the chart below. The dotted lines show how alcohol passes through the body. By reading what is written next to each number, you can find out exactly where alcohol goes, how it gets there, and what happens when it gets there.



6. **Brain**. Alcohol goes to the brain almost as soon as it is drunk. The bloodstream carries it there. Alcohol keeps passing through the brain until the liver has had time to change (oxidize) all the alcohol into carbon dioxide, water, and energy.

1. **Mouth**. Alcohol is drunk.

2. **Stomach**. Alcohol goes right into the stomach. A little of the alcohol goes through the wall of the stomach and into the bloodstream. But most of the alcohol goes down into the *small intestine*.

5. **Liver**. As the bloodstream carries the alcohol around the body, it carries it through the liver, too. The liver changes the alcohol to water, carbon dioxide, and energy. This process is called *oxidation*. The liver can oxidize (change into water, carbon dioxide, and energy) only about one-half ounce of alcohol an hour. This means that until the liver has time to oxidize all of the alcohol, the alcohol *keeps on* passing through all parts of the body, including the *brain*.

3. **Small intestine**. Alcohol goes from the stomach into the small intestine. Most of the alcohol then goes through the walls of the intestine and into the *bloodstream*.

4. **Bloodstream**. The bloodstream then carries the alcohol to *all* parts of the body, such as the brain, heart, and *liver*.

As you can see from the chart, when someone has a drink, the alcohol goes to and continues to pass through his or her brain. But how a drinker *feels* as the alcohol keeps on passing through the brain depends partly on *how many drinks* he or she takes.

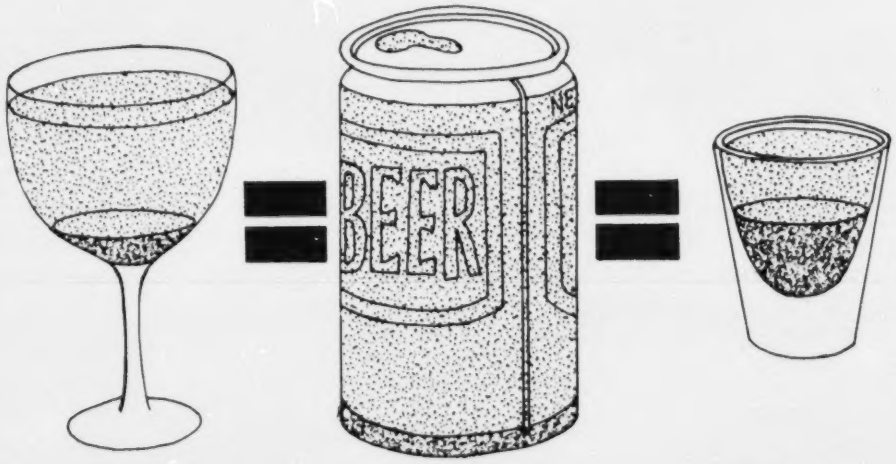
WHAT'S IN A DRINK?

What do we really mean when we say one "drink" of alcohol? Nobody drinks just alcohol. People drink beer, wine, whiskey, vodka, champagne, and so on. All these drinks are only *partly* alcohol. The rest is water, plus some flavors and minerals.

For example, beer is 4-6% alcohol. Wine has more alcohol in it than beer. Most wines have between 12% and 20% alcohol in them. They also have some minerals and fruit juice, but mostly they are water.

Of all drinks, hard liquor or spirits (such as whiskey, gin, vodka, bourbon, rum, and brandy) have the most alcohol. Usually, they are nearly 50% alcohol.

Let's take a glass of wine, a can of beer, and a shot glass of hard liquor. If we did an experiment so that all the alcohol in these three types of drinks sank to the bottom, the drinks would look like this:



one glass of wine (5 ounces) has **½ ounce of actual alcohol**

one can of beer (12 ounces) has **½ ounce of actual alcohol**

one shot glass with 1½ ounces of hard liquor has **½ ounce of actual alcohol**

As you can see, people who drink one glass of wine, one can of beer, or one shot of hard liquor are *all having about the same amount of alcohol.* Many people think that someone who has a drink of hard liquor is taking a "stronger" drink – one with more alcohol in it – than a person who drinks a can of beer or a glass of wine. As we can see, this isn't true.

However, many people put *more* than one shot of hard liquor in their glass. Often they make mixed drinks (hard liquor mixed with juice or soda) which have *two or three shots of hard liquor in them.* As a result, *many mixed drinks have two or three times as much alcohol as a can of beer or glass of wine.* Martinis and Manhattans ("cocktails"), for example, are made by adding hard liquor to wine. As a result, they usually have two or three times as much alcohol as a glass of wine or can of beer. The amount of alcohol in a mixed drink depends on *how much* hard liquor it was made with.

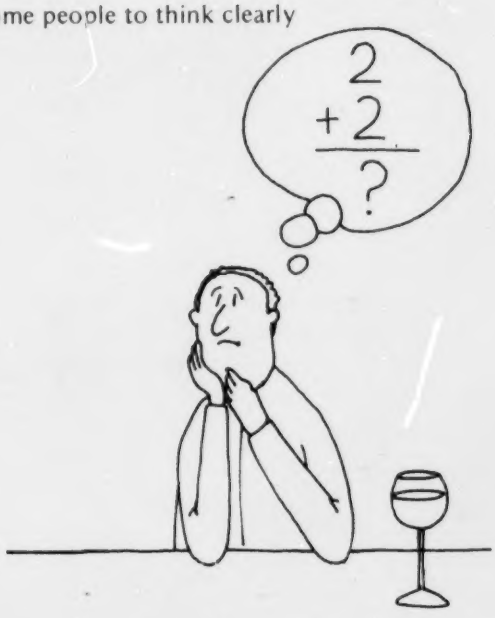
WHAT CAN HAPPEN TO SOMEONE WHO DRINKS?

We've seen how alcohol goes through the body and how much alcohol different kinds of drinks have. Now let's look at some of the things alcohol can do *for* a drinker and *to* a drinker. First of all, alcohol can have lots of *different* effects on different people. For example, one or two drinks can:

- seem to have no effect at all on some people
- help some people feel relaxed

- help some people enjoy themselves
- make some people sleepy

- let some people feel more pepped up
- make it harder for some people to think clearly



Too much alcohol can have many different effects, too. It can:

- let some people become silly and noisy

- let some people become very sad or angry
- allow some people to become clumsy
- let some people forget what they're doing or saying
- let some people do or say things they'll be sorry for later.

WHY DOES ALCOHOL HAVE DIFFERENT EFFECTS ON PEOPLE?

Why do some people get silly drinking beer while others become sleepy? Why do some drinkers become nasty after a few mixed drinks while others get more friendly?

One reason is obvious: how a person feels and acts after drinking depends on *how much* alcohol he or she drinks. The person who has one beer is probably going to feel differently from a person who has five beers.

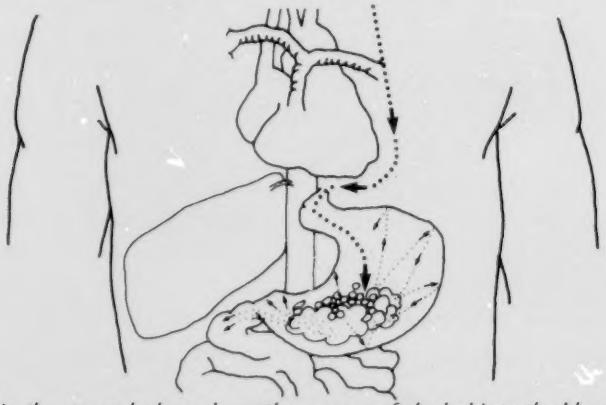
But not necessarily. The first person may drink one beer in thirty minutes, and the second drinker may take four hours to drink the five beers. If this happened, the alcohol may have the same effect on both of them. We saw earlier how the liver can change or oxidize about one-half ounce of actual alcohol into carbon dioxide, water, and energy *every hour*. If someone spaces five beers over four hours, this gives the liver just as much time to oxidize the alcohol in the beer as in the case of the drinker who drinks one beer in thirty minutes. So in both cases, not much alcohol stays in the bloodstream: the liver has been able to handle it almost as fast as it has been drunk.

So how alcohol affects a person depends not just on how much he or she drinks, but also *how fast*. The faster someone drinks, the more alcohol gets to and stays in the brain.

But why is it that often people who drink exactly *the same amount* of alcohol at *the same speed* still may feel or act differently from each other? Why does one person drinking three beers in an hour get clumsy and bump into things while someone else just seems to be a little more relaxed?

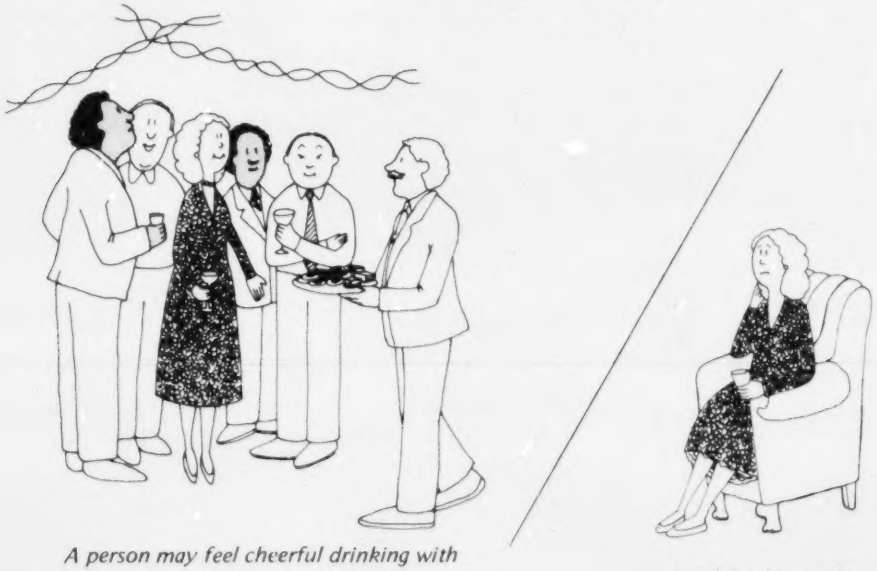
These different effects happen because how someone feels and acts after drinking also depends on the following things:

- *How much the drinker weighs.* A 180-pound person has more blood and water in his or her body than does a 120-pound person. So the same amount of alcohol will be more diluted in the heavier person's bloodstream, and it will not affect him or her as soon or as strongly as it will affect the 120-pound person.
- *How much experience the drinker has had with alcohol.* People who have drunk alcohol for many years have learned what it does to them. They can often be careful, if they don't drink too much, about what they say and do while they're drinking.
- *How much the drinker has eaten.* When people drink while they eat or shortly after eating, the food in their stomach makes it harder for the alcohol to get into the small intestine. And, as we saw earlier, *most* alcohol goes into the bloodstream and then to the brain only *after* it reaches the small intestine.



Food in the stomach slows down the passage of alcohol into the bloodstream.

- *How the drinker feels about alcohol.* Alcohol affects people in many ways. In addition to the way their bodies work, how people *think and feel* can make a very big difference. First of all, what a person *expects and wants* alcohol to do can help produce that effect. In fact, when some college students were given several drinks which they were told had alcohol in them (but didn't), they got "high" anyway. Since they expected to get high, they did – even without the alcohol!
- *How a person feels.* The mood a person is in when she or he drinks may also make a difference in what happens after drinking. A person who is sad may just feel more unhappy after drinking.
- *Where people drink.* The situations in which people drink can also make a difference in how alcohol affects them. Someone who drinks at a party may feel very happy. Drinking alone at home the next week, this same person may feel lonely.



A person may feel cheerful drinking with others at a party but .... sad drinking at home alone.

As we can see, there are many reasons why people often feel and act differently from each other when they drink. How alcohol affects people depends on:

- how *much* they drink
- how *fast* they drink
- how much they *weigh*
- how much drinking they've done *in the past*
- how much they've *eaten*
- what they *expect and want* drinking to do to them
- how they *feel* when they begin drinking
- *where* they drink

So when people say, "Oh, alcohol makes you feel this way" or "drinking does that to you," they are often wrong. We can't talk about how alcohol affects people unless we say *how much* alcohol we're talking about, *how fast* it's drunk, and all the other things we've listed above which influence what drinking does to people.

This means, too, that it's often very difficult to *know* how someone will act or feel when he or she drinks. Only after many years of drinking can people be pretty sure how one, three or ten drinks will make them feel or act. By that time, they have usually *learned* what happens to them when they drink.

III. KIDS AND DRINKING

WHO DRINKS AND DOESN'T DRINK?

Did you know that most Americans have their first drink while in elementary or junior high school? What does that tell you about yourself and the kids sitting around you?

This means that many kids your age have had their first drink by now, usually with their parents. It *doesn't mean* that most kids your age go out "drinking" every night and get drunk. Most kids who do drink enjoy it. What do you think they like about drinking?

Should Bobby be drinking champagne? Why or why not?

Most young people in junior high school drink only once in a while. Usually they prefer beer or wine.

There are also some kids who have a drinking *problem.* These kids come from poor homes and rich homes. Some of them are white and some are black. Some are girls and others are boys.

Many kids who drink or who are thinking about drinking are curious about what drinking might do to them. Some kids are afraid of what alcohol might do to them. They're not sure whether drinking will hurt them or not. For example, some young people are afraid that if they start drinking, they'll never be able to stop. If you're curious about or afraid of drinking, how can you learn more about alcohol in ways that aren't dangerous?

There is another question you might ask yourself. There are many more kids who have problems because of drinking too much alcohol than there are kids whose problems are caused by using other drugs like heroin, marijuana, or "speed." If kids have more drinking problems than drug problems, why do many adults talk more about these drugs than about alcohol?

WHY DO KIDS DRINK OR NOT DRINK?

Many kids drink simply because it's part of their family life to have wine with dinner or champagne at a birthday party. Their parents give them a glass of wine at dinner or a couple of swallows of beer at a party.

Very often young people also drink because it makes them feel grown up. Many kids are also pressured to drink by other kids in the same way that adults are pressured to drink by *their* friends. Some people, no matter what their age, drink because they are afraid of being called "different" and don't want to be seen as "party poopers" or "chicken." Sometimes people who drink are pressured *not* to drink by friends who *don't* believe in drinking.

Why might this girl not want to drink? Why might the boy want her to?

Some other reasons kids drink are given below. Do any of these reasons explain why kids you know or you, yourself, might drink?

- "It helps me relax."
- "It helps me have fun."
- "I like the taste."
- "I'm curious about what it will be like."
- "I like the feeling of getting high or drunk."
- "My friends drink."
- "It makes me feel better about myself."
- "When I drink, I feel more sure of myself."
- "My parents don't want me to."

Are these good or bad reasons for drinking? How do you decide? Do you think adults drink for the same reasons?

Why do you think that many kids and adults don't drink? We know that between 20 and 30 million adults in America never or hardly ever touch alcohol. Many of them just aren't interested in it or don't need alcohol to help them feel good or grown-up. Often they're happy the way they are. Or they simply have other ways to relax and have fun. It's against the religion of some people to drink. And some people don't like to use any drug, including alcohol, except for medical purposes.

WHAT DO KIDS KNOW AND THINK ABOUT ALCOHOL?

Both adults and kids have many different ideas about alcohol. Some of what they think is right, and some of it is wrong. Sometimes it is this wrong information which causes people to drink too much.

The following statements about alcohol were given to high school students. More than half of the students agreed with these statements. Read them over. Some of the statements are true, others are not. How many do *you* agree with? (Answers are on page 20.)

1. It is usually easy to tell if a person is drunk.

   true ☐ false ☐

2. A small person will get drunk faster than a large person.

   true ☐ false ☐

3. An average drink of hard liquor (1½ ounces of whiskey or vodka, etc.) has more alcohol in it than a glass of wine.

   true ☐ false ☐

4. Mixing different kinds of drinks can increase the effect of alcohol.

   true ☐ false ☐

5. The caffeine in strong black coffee can help sober up a person.

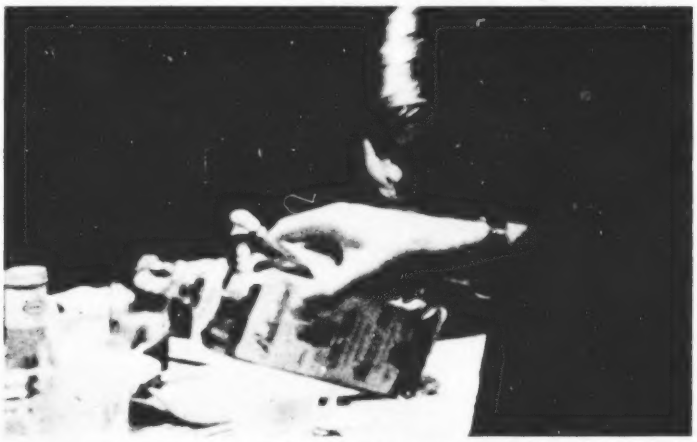
   true ☐ false ☐

If you were able to pick out all the correct and incorrect statements, that means you're doing better than most high school students and most adults. It also means you're learning something about what alcohol does to people, why people drink and don't drink, and what they think about drinking. Knowing the answers to these and other questions should also help you to decide whether you want to drink or not and, if you drink, how much and how often.

IV. DRINKING PROBLEMS

WHAT DOES IT MEAN TO HAVE A DRINKING PROBLEM?

What do we really mean when we say, somebody drinks *too* much? What's too much? To some people, it's any alcohol at all. To others, it's getting drunk. To some people, drinking two cocktails every evening or during lunch is too much. What is "too much" is a question *you* will have to decide for *yourself.*



Is this drinking too much? Why or why not?

Of course, we would all agree that getting drunk every day is too much. We would also agree that someone who doesn't drink *any* alcohol is certainly not drinking too much.

People who do not drink any alcohol are called *abstainers.* They abstain from — do not do — *any* drinking. People who drink some alcohol but not too much are called *social drinkers.* This is because they usually drink only when they are with other people — that is, in social situations. And they don't drink to get drunk but to relax or celebrate or feel good. Their drinking doesn't cause any problems. Finally, people who drink too much and have trouble as a result are called *problem drinkers* or *alcoholics.*

Is this drinking too much? Why or why not?

WHO ARE PROBLEM DRINKERS?

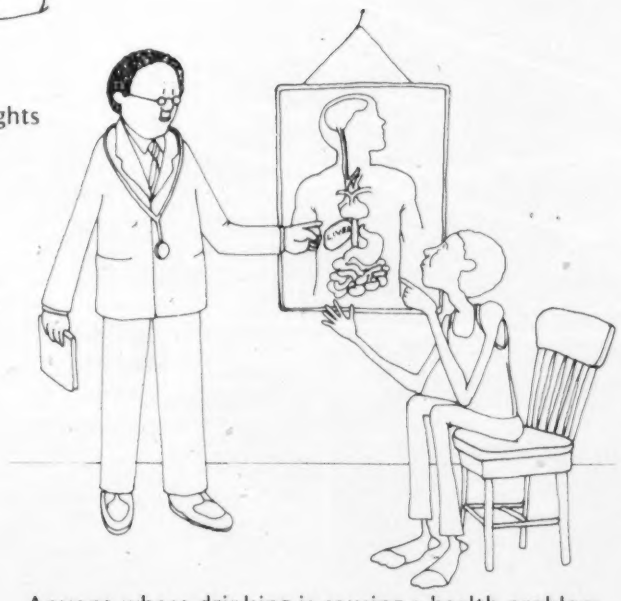
Problem drinkers are just what the name says. Their drinking causes problems for themselves or for other people. For example, we would probably agree that all of the following persons are problem drinkers.

Anyone who can't fall asleep at night without *several* drinks.

Anyone who goes to work drunk or "high."

Anyone who often drinks too much and drives a car.

Anyone who drinks and then gets into fights or arguments.

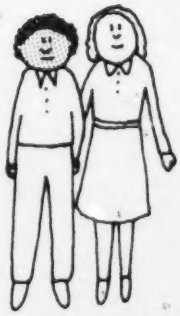


Anyone whose drinking is causing a health problem.

Anyone who is too shy to meet people without drinking first.

There are several million people in the United States who are problem drinkers or alcoholics. We hear a lot about drug addicts and "junkies," but many more Americans have problems with the drug alcohol than they do with any other drug.

Problem Drinkers



Drug Addicts

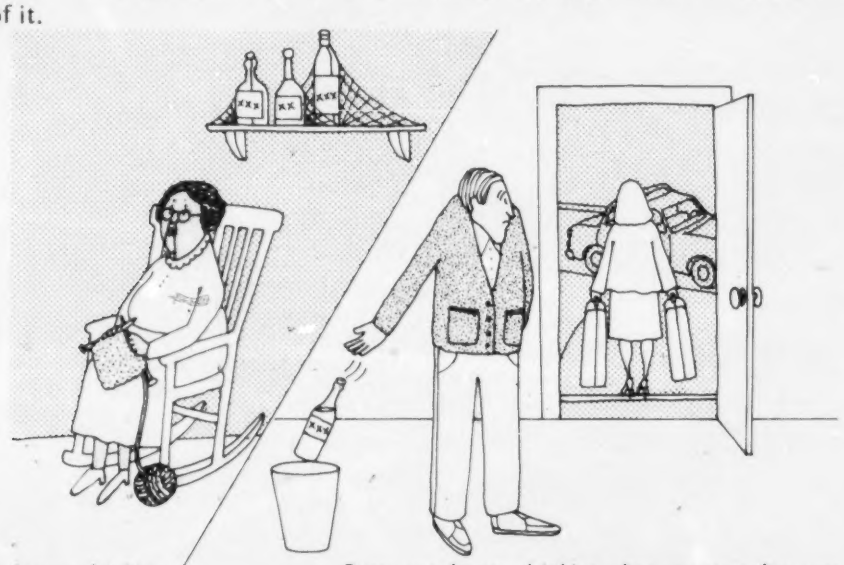
Many people think that to be a problem drinker you have to be a "bum" living on "skid row" – the part of town where "bums" live. This isn't true. Almost all problem drinkers *seem* to live normal lives. Most have jobs and many are married and have children. They belong to clubs, go to church, pay taxes – but do a lot of drinking.

Some people think more poor people have drinking problems than middle class or rich people. This, too, isn't true. People with drinking problems come from all kinds of families and have all kinds of backgrounds. They include doctors, truck drivers, teachers, and factory workers. How do you think most of these people can drink so much and yet manage to keep their jobs?

HOW CAN PROBLEM DRINKERS AND ALCOHOLICS BE HELPED?

People aren't too sure *why* so many men and women (and some kids, too) have drinking problems. But we do know that most problem drinkers can be helped to stop drinking or to drink less.

Sometimes a terrible thing in a person's life makes him or her stop drinking too much. For example, some men (or women) stop drinking when their wives (or husbands) decide to get a divorce. Some problem drinkers stop drinking as they get older. They just seem to grow out of it.



Some people stop drinking as they get older.

Some people stop drinking when someone they care about is ready to leave them.

But most problem drinkers will always drink too much *unless they get help.*

How can they be helped? Mostly by talking about their problems with someone else. Who can this "someone else" be? Lots of people. Sometimes it can be a friend or relative. But usually it has to be someone *trained* to help problem drinkers. Social workers, psychologists, and group discussion leaders have all taken courses to learn how to help problem drinkers.

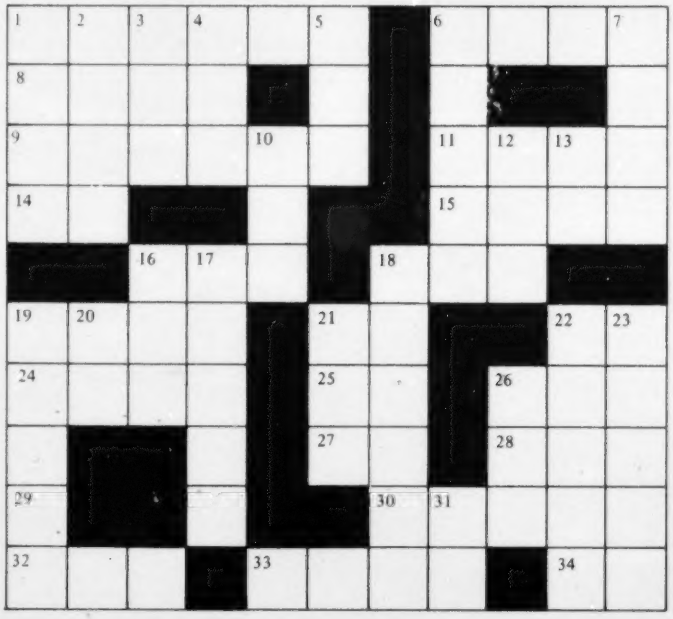
Talking with other problem drinkers who no longer drink can also be helpful. Alcoholics Anonymous (AA) has groups all over the world. Every member is a "former" or "recovering" alcoholic – an alcoholic who doesn't drink at all anymore – that is, an abstainer. Thousands of alcoholics have been helped by joining AA. Your local telephone book may have a listing for an AA group in your community.

Two other groups have used the AA model for helping the *relatives* of alcoholics. The teenage children of alcoholic parents can join Alateen. Husbands and wives of alcoholics can become members of Al-Anon. In both Alateen and Al-Anon, members meet usually once a week to talk about how to help the alcoholic in their family. They also discuss how they can help *themselves* to live with an alcoholic in their family.

Most communities have places where problem drinkers can be helped. They're usually listed in the telephone book under the Department of Mental Health. Some of these agencies are called The Division on Alcoholism. Usually they can help people with *any* kind of drinking problem. Once a problem drinker is willing to admit he or she has a drinking problem and wants to be helped, help can be found.

V. ALCOHOL CROSSWORD PUZZLE

If you want to test how much you know about alcohol, try doing this crossword puzzle. You can do it alone or with two or three classmates. Answers to the puzzle are on the last page of the booklet.



Across

(1) Some people get _____ after drinking alcohol.

(6) Alcohol doesn't have such a strong effect when people have some _____ in their stomach.

(8) An alcoholic drink made from grapes.

(9) A boy's name. The first 3 letters are a conjunction.

(11) If someone who is drunk wants to drive you someplace, you can agree or _____ (rhymes with agree).

(14) Physical education (abbreviation).

(15) Most wines have either a red or yellow _____.

(16) Some people think drinking is dull; others think it's _____.

(18) A type of hard liquor.

(19) If you played hockey while you were drunk, you would probably _____ on the ice many times.

(21) Another word for "I."

(22) As far as we know, one or two drinks a day has _____ bad effects on a healthy person.

(24) You may eat it for breakfast, but it is also what whiskey is made from.

(25) He sang "Hound Dog," "Love Me Tender," and "Jailhouse Rock."

(26) If someone drinks too much, he or she may pass _____.

(27) When someone drinks alcohol, it travels by the bloodstream from the small intestine _____ the liver.

(28) A huge company that makes telephones and sends telegrams.

(30) The word "salty," but change the "y" to another vowel.

(32) Beer is often sold in a _____ pack.

(33) An urgent request; a type of begging.

(34) Abbreviation for the word "year."

Down

(1) "I'll _____ a bottle of French wine for three bottles of German beer. Is it a deal?"

(2) Some people, after they've had a few drinks, start to feed you a _____ about all the great things they say they've done.

(3) Player (or position) on a football team.

(4) The word "ever" spelled with one of its letters missing.

(5) A type of evergreen tree. (Rhymes with "you.")

(6) Drunk drivers cause about half of the _____ thousand auto deaths which take place every year.

(7) People who are on a _____ shouldn't drink too much alcohol because it has many calories.

(10) The word "even" with one letter missing.

(12) Alcoholics often have to _____ about why they took a drink.

(13) The 5th and 14th letters of the alphabet.

(16) If your mother or father found you drunk, would she or he have a _____?

(17) Drinking too much alcohol may _____ your stomach.

(18) Alcohol helps many people rest and _____ after a nervous day. (Synonym for sleep.)

(19) There are ice cream _____ and Scotch and _____.

(20) Sixth note of the musical scale.

(21) Name for a player on a New York baseball team.

(22) Some people who drink too much behave silly and _____, as if they were crazy.

(23) Relative of a beaver.

(26) A liquid that helps a car run smoothly.

(31) A group that helps alcoholics. (Initials)

VI. FOR MORE INFORMATION ABOUT ALCOHOL

Want to find out more about alcohol?

All of the following pamphlets and books are good reading. You may be able to find them in a library or send away for them to the publishers.

For Junior High School Level:

WHAT IS ALCOHOL? AND WHY DO PEOPLE DRINK?, by Gail G. Milgram. 1975. 25 pages. Presents reasons why it is important to learn about alcohol, describes what alcohol is, why people drink it, and what its effects are. Many diagrams and photographs. 75¢ from Publications Division, Center of Alcohol Studies, Rutgers University, New Brunswick, New Jersey 08903.

THINKING ABOUT DRINKING. 1968. 31 pages. Gives information on how many teenagers drink and why, and how much they drink. Also tells about alcohol's effects. 35¢ from the U.S. Superintendent of Documents, Government Printing Office, Washington, D.C. 20402. Free from many local alcoholism agencies.

ALCOHOL: DRINK OR DRUG? by Margaret O. Hyde. 1974. 150 pages. Talks mostly about problem drinking, but also describes how wine, beer, whiskey and other drinks are made. $4.72 from McGraw Hill Book Company, Box 402, Hightstown, New Jersey 08520.

For Upper Elementary and Junior High Levels:

TROUBLED TEENS, by Edwin Bowers. 1971. 20 pages. Discussion of how young people with alcoholic parents can handle their own problems. Single copy free from Public Education, The Bureau of Alcoholic Rehabilitation, Post Office Box 1147, Avon Park, Florida 33825.

DRINKING MYTHS. 1975. 22 pages. 18¢ from Products Division, U.S. Jaycees, Box 7, Tulsa, Oklahoma 74102.

If you like reading novels, the following stories give good descriptions of people drinking. A few of these books are in paperback and can be found in some bookstores. Try the library for the others.

THE SEVENTEENTH SUMMER, by Maureen Daly. Fifth grade and up. Story of a 17-year old girl's first experience with love and drinking. Paperback (Pocket Books).

YOU CAN'T GET THERE FROM HERE, by Earl Hamner, Jr. Fifth grade and up. Novel about a boy who spends a day in New York City trying to find his father who is an alcoholic. Hardbound (Random House, Inc.).

FLAP, by Clair Huffaker. Seventh grade and up. Novel about a group of Indians who get drunk and take over a bulldozer to protect their land. Paperback (Popular Library).

JENNIFER, by Zoa Sherburne. Fifth grade and up. Story about a girl whose mother is an alcoholic and how she learns to handle the situation. Hardbound (William Morrow, Inc.).

THE LONG RIDE HOME, by James L. Summers. Fifth grade and up. Story which shows the effects an alcoholic father has on his high school son and daughter. Hardbound (Westminster Press).

ONE DAY AT A TIME, by Regina Woody. Sixth grade and up. Story of a 13-year-old girl whose mother is an alcoholic. Hardbound (Westminster Press).

If you or a friend needs help with an alcohol problem, call up your state division of alcoholism or your state department of mental health. You can also write for information and help to:

- The National Council on Alcoholism(NCA)
  733 Third Avenue
  New York, New York 10017
  (Consult telephone book for local chapter.)

- Alcoholics Anonymous (AA) World Services, Inc.
  Post Office Box 459
  Grand Central Station
  New York, New York 10017
  (Consult telephone book for local groups.)

- The National Clearinghouse for Alcohol Information (NCALI)
  Box 2345
  Rockville, Maryland 20852

- The National Congress of Parents and Teachers
  Alcohol Education Project
  700 North Rush Street
  Chicago, Illinois 60611

VII. GLOSSARY

Below is the meaning of many of the alcohol-related words used in this booklet and of some of the terms used in the film series, Jackson Junior High.

ABSORPTION: The process by which alcohol goes from the stomach and small intestine into the bloodstream.

ABSTAINER: A person who doesn't drink alcohol.

ALCOHOLIC: A person whose drinking causes problems. The person usually drinks often, and usually drinks until he gets drunk.

ALCOHOLICS ANONYMOUS (AA): A world-wide organization of recovering alcoholics. There are local groups in many towns. Members meet to discuss their problems related to alcohol so they can continue not to drink and to help others with drinking problems.

AL-ANON: A world-wide organization of wives and husbands of alcoholics. There are local groups in many towns. Members meet to discuss how to deal with their alcoholic husbands and wives.

ALATEEN: An organization for teenagers whose mothers or fathers are alcoholics. There are local groups in many towns. Members meet to discuss how to deal with their parent(s) and be happy.

BENDER: Being drunk for a long period of time -- for example for two or three days or more.

BLACKOUT: Being unable to remember at all what happened (what one said and did) when one was drunk.

DISTILLATION: Heating wine or beer to turn the alcohol into a gas. This gas is then cooled and becomes liquid alcohol.

DRUG: Anything which people put on their skin or swallow which can have an effect on how their minds or bodies work. Examples of drugs include caffeine (in coffee, tea, and cocoa), nicotine (in cigarettes), heroin, penicillin, aspirin and alcohol.

DRUNK: The way people feel and act when they have had a lot of alcohol. Drunk usually means the person has lost most of his or her control of his or her actions and thoughts. Same as intoxicated.

DRUNK AND DISORDERLY: It means a person is drunk and is acting up (yelling, etc.). It is a crime in many states.

ETHYL ALCOHOL: The *only* kind of alcohol which is safe to drink. It is made from fruit or cereals.

FERMENTATION: Yeast acting on the sugar in fruit juices or cereals to produce alcohol which can be used to make wine or beer.

HANGOVER: The sick feeling (headache, upset stomach, etc.) most people feel several hours after having been drunk or high. Hangovers happen *after* the alcohol has left the body and the drinker is sober again.

HIGH: The way people feel when they have had enough alcohol to feel good, but not so much that they have lost most control over what they say and do. On the way to being drunk.

INTESTINE: An organ in the body that food and liquids pass through after they have left the stomach. The small intestine is the part of the body from which most alcohol enters (is absorbed into) the bloodstream.

LEGAL DRINKING AGE: In most states, the age at which a young person can legally buy alcohol in liquor stores, bars, and restaurants.

METHYL ALCOHOL: A type of alcohol which is poisonous if drunk. It is found in anti-freeze, paint thinner, and fuels. It is made from wood, and is sometimes called "wood alcohol."

MINOR: A person who is not legally an adult. Every state has its own law saying at what age a person becomes an adult (usually 18). Minors cannot vote or buy alcohol.

OXIDATION: The liver adding oxygen to alcohol to produce carbon dioxide, water, and energy.

PEER: A person who has the same position in life and age as you. "Peer pressure" happens when people with no special authority or power try to get other people like them to do (or not to do) something.

PROBLEM DRINKER: A person whose drinking causes him or her a problem or causes problems for other people.

PROOF: The word used to describe the amount of alcohol in hard liquors. The proof number is always double the percentage of alcohol. One hundred proof whiskey is half or 50% alcohol.

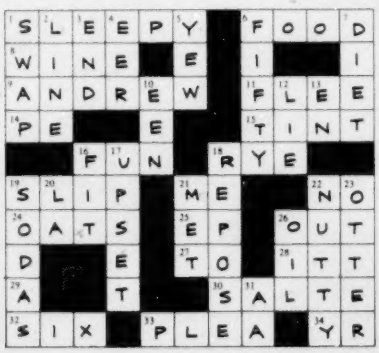
SEDATIVE: A drug which calms people down. Alcohol is a sedative.

SKID ROW: The part of town where "bums" live. Most skid row "bums" are *not* problem drinkers.

SOBER: Not high nor drunk. In complete control of what one says or does.

SOCIAL DRINKER: A person who drinks alcohol, but not so much that it causes him or her any problems.

Answers to crossword puzzle



Answers to questions on page 11.

1. False
2. True
3. False
4. False
5. False. But the *time* it takes to drink the coffee will help a person to sober up. During that extra time, the liver can oxidize some of the alcohol.

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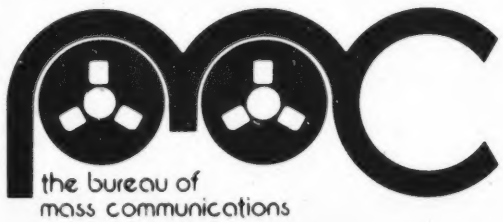

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